



HAWAII STATE  
DEPARTMENT  
OF HEALTH

## What You Can Do to Prepare For Pandemic Flu

A pandemic is likely to be a prolonged and widespread outbreak that could require temporary changes in many areas of society, such as schools, work, transportation and other public services. An informed and prepared public can take appropriate actions to decrease their risk during a pandemic.

### *Communities, Businesses and Individuals Should:*

- Develop preparedness plans as you would for other public health emergencies.
- Store a two week supply of water and food.
  - During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Keep a list of medications for yourself and family members updated and handy as well as a list of allergies and other medical conditions.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Develop an emergency contact list.
- Participate in and promote public health efforts in your state and community.
- Talk with your local public health officials and health care providers.
  - They can supply information about the signs and symptoms of a specific disease outbreak.
- Implement prevention and control actions recommended by your public health officials and providers such as social distancing or avoiding public gatherings.
- Adopt business/school practices that encourage sick employees/students to stay home.
- Anticipate how to function with a significant portion of the workforce/school population absent due to illness or caring for ill family members.
- Check on your neighbors and family members, to see if they need assistance, particularly those who are elderly or have disabilities.
- Practice good health habits, including eating a balanced diet, exercising daily, and getting sufficient rest and take these common-sense steps to stop the spread of germs.
  - Wash hands frequently with soap and water.
  - Cover coughs and sneezes with tissues.
  - Stay away from others as much as possible if you are sick.
- Stay informed about pandemic influenza and be prepared to respond.
  - Use national and local pandemic hotlines that will be established in the eventuality of a global influenza outbreak.
  - Listen to radio and television and read media stories about pandemic flu.
  - Reliable, accurate, and timely information is available at [www.pandemicflu.gov](http://www.pandemicflu.gov).
  - Another source for information on pandemic influenza is the Centers for Disease Control and Prevention (CDC) Hotline at: 1-800-CDC-INFO (1-800-232-4636).
  - This line is available in English and Spanish, 24 hours a day, 7 days a week. TTY: 1-888-232-6348. Questions can be e-mailed to [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov).
  - Look for information on the Hawaii State Department of Health Web site at [www.hawaii.gov/health](http://www.hawaii.gov/health).